



**Happy Birthday**

- Lauryn H. 7/2
- Makaylyn R. 7/10
- Nicholas H. 7/13
- Dontae J. 7/15
- Steven S. 7/21
- Janyriah B. 7/23
- Treasuir G. 7/25
- Christian W. 7/27

**Volunteers Needed**

1. Lunchtime Pal daily at 10:45 a.m. to 11:45
2. Playground Safety Eyes 9:30 to 10:30 or 2:30 p.m. to 3:30 p.m.
3. **Field Trips**  
Library and Ryan's on 7/7  
Chuck E. Cheese on 7/9
4. Read, sing, arts and crafts—we will work around your schedule

**Outdoor Play Is Great, But Practice Sun Safety**

Summer weather is here, and because fresh air and exercise are vital to children's health, everyday outdoor activity is a vital.

We must be aware that protection from the sun's harmful rays is important, and fair-skinned children are particularly vulnerable.



Here are some tips for outdoor activities:

- Use sunscreen. Children should wear hats with brims that face forward to shield their faces.
- Plan things to do outside — the same old activity becomes exciting



and special outdoors.

- Older children can help carry tables, toys, and materials. Puzzles, blocks, paints, water play, dress-up clothes — everything can go out.
- Meals and snacks always taste better as outdoor picnics.
- Read a story while sitting on blankets under a tree or in the shade.
- Keep young babies out of direct

**Parent's Corner: Nutritious Summer Snack That Children Will Love** written by Mrs. Diane Hussey

**Orange -Applesauce Jello Salad:**

- 1 3-oz package of orange flavored jello
  - 1 cup water
  - 1 8-oz jar of applesauce
  - 1 apple, cut up into bite-size pieces
  - ½ cup lemon-lime carbonated beverage or cold water
- Pour orange flavored jello into a large mixing bowl. Add 1 cup boiling water to the jello mixture and stir until it dissolves. Add the applesauce until mixed together and put

the mixing bowl in the fridge. Wash the apple and remove the core. Cut the apple into bite-size pieces. Remove the bowl from the fridge and stir in the apple pieces, add the lemon-lime beverage or cold water. Pour the mixture into 4 small individual bowls. Place the bowls in the fridge and until firm, about 3 hours. **Lessons For Children**  
You can use this recipe to teach children how jello dissolves in water, apple has a core with seeds, teach about texture (outside versus inside of apple ) and parts to make a whole.